

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General

Vision: To be the **Healthiest State** in the Nation

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FLU VACCINE IS NO SHOT IN THE DARK TO REDUCE ILLNESS AND HOSPITALIZATIONS

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Port Charlotte, Fla. – Flu activity has increased in Florida recently, but it is not too late to reduce your risk of developing the flu, missing work and school, and spending time at the doctor's office or hospital. The Florida Department of Health in Charlotte County is encouraging residents who have not yet received a flu shot to do so in January.

"Tens of thousands of people are hospitalized every year because of the flu," said Dr. Frank Louis Lepore, Administrator for the Florida Department of Health in Charlotte County. "Getting a flu vaccine can reduce the risk of flu illness by about 60 percent."

Getting vaccinated every year is the best way to protect yourself, family members and friends from getting the flu. Other ways to prevent the spread of the flu are to

- Avoid close contact with people who are sick.
- Stay at home when you are sick.
- Cover your nose and mouth with a tissue when coughing or sneezing.
- Wash your hands regularly with soap and water, scrubbing for at least 20 seconds.

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everyone 6 months or age and older. Children younger than 6 months are at higher risk of serious flu complications, but are too young to get a flu vaccine. If you live with or care for an infant younger than 6 months of age, you can help safeguard that child by getting a flu vaccine to help protect them from the flu. The CDC also states that getting the flu vaccine during pregnancy can protect the baby after birth for several months.

The Florida Department of Health in Charlotte County offers free flu vaccinations for pregnant women and children ages 6 months to 18 years. Appointments for these vaccinations can be made by calling 941-624-7200.

**Florida Department of Health
in Charlotte County**

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FloridaHealth.gov



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Colds versus Flu: How to Tell the Difference

Are you coming down with a cold? Do you have the flu?
The table below shows some differences between colds and flu.

Differences Between Colds and the Flu	
WITH A COLD:	WITH THE FLU:
Symptoms are usually less severe than flu symptoms.	Symptoms are usually more severe than cold symptoms.
Symptoms develop gradually over a few days.	Symptoms come on quickly and severely.
You rarely have a fever.	Fever (100-102°F) that lasts three to four days.
You feel sick mostly in your head and nose.	Your entire body feels sick.
Body aches, headaches and pain are usually mild if you have them.	Body aches, headaches and pain are common and can be severe.
You may or may not feel tired and weak.	Tiredness and weakness are common.
There is no vaccine to protect you.	You can get vaccine to protect yourself.
There are no prescription medicines to treat colds.	There are prescription medicines to treat the flu.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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